

Uplift Your - Make Today Your Smoke Out Day! Quit smoking by using the **START** plan!

S

Set a quit date

Choose a date within the next 2 weeks, so you have enough time to prepare without losing your motivation to quit. If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change.

T

Tell family, friends, and co-workers

Let your friends and family in on your plan to quit smoking and tell them you need their support and encouragement to stop. Look for a quit buddy who wants to stop smoking as well. You can help each other get through the rough times.

A

Anticipate and plan for the challenges you will face

Most people who begin smoking again do so within the first 3 months. You can help yourself make it through by preparing ahead for common challenges, such as nicotine withdrawal and cigarette cravings. Think positive!

R

Remove all tobacco products from your home, work and car

Throw away all of your cigarettes (no emergency pack!), lighters, ashtrays, and matches. Wash your clothes and freshen up anything that smells like smoke. Shampoo and vacuum the interior of your car to help eliminate the smell of smoke.

T

Talk to your doctor about getting help to quit

Your doctor can prescribe medication to help with withdrawal and suggest other alternatives.

This could be the most important decision you ever make.

There are several resources available to help you stop smoking for good:

Obtain a Free "Quit Kit" from: City of Long Beach, Tobacco Education Program
(562) 570-7950 or email: eipryl.tello@longbeach.gov

Enroll in the "Freedom from Smoking Program" at Long Beach Memorial!

Program begins January 4, 2016 - You must sign-up by December 29, 2015

Smoking cessation program fee (\$75) is reimbursable under FSA Health

Flyer attached – Employees must attend on their own time

Free Telephone Counseling
California Smokers' Help Line
Call 1-800-NO-BUTTS or
visit www.nobutts.org

Information on Support Groups Near You
Nicotine Anonymous
1-800-642-0666 or visit
www.nicotineanonymous.org

NATIONAL SMOKE OUT DAY IS CELEBRATED ON THE THIRD THURSDAY OF EVERY NOVEMBER – WHY WAIT?!